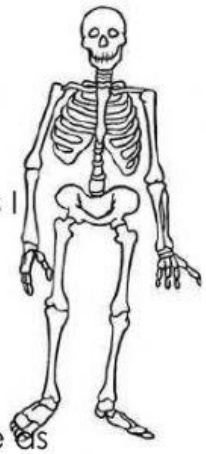
Name: _____

# Your Bones



It all happened so quickly while on the playing field at Sybil Strachan Primary. I heard Ms. Thompson yelling "stop Tyler you are going to hurt yourself." In that very moment I heard a snapping sound! It was my leg. As I yelled in pain a I saw Ms. Thompson running toward me. She called for an ambulance and in no time I was at the hospital with the doctor.

Dr. Mills began to explain to me that without your bones, you would be as droopy as a jellyfish. Our bones allow us to stand up straight. They support us and help us move, but they also protect our body organs. Our skeleton is made up of all of our bones working together. Bones are made of living, growing cells. Inside most bones is soft marrow, which is where many of our blood cells are made. As a baby, you were born with nearly 300 bones. But adults only have about 206 bones because some of the smaller ones fuses together to form big ones.

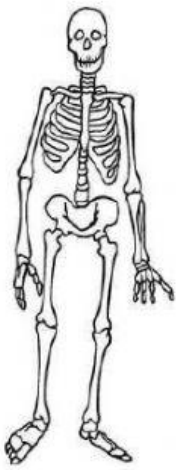
There are 3 major bones in your body. The skull inside your head acts like a helmet for your soft, spongy brain. Your spine also protects the spinal column with all of its nerves inside. Your ribs make a cage to protect your vital organs like the heart, lungs, and liver.

Even though bones are very light, they are also very strong. That is why it usually takes a very bad fall or other serious accident to break a bone. If that does happen, you might wear a cast until new bone cells heal the break in a month or two.

To protect your bones, wear a helmet whenever you ride your bike or skateboard. Knee pads, wrist guards, and other safety gear for sports are a good idea too. Strong bones need the mineral calcium, so eat yogurt, cheese and drink lots of milk along with other dairy products. Bones also need active exercise, so go out and run, jump, and dance for healthy, strong bones.

LIVEWORKSHEETS

# Listening Comprehension
## Your Bones



Name: _____

Tell whether each statement is **true** or **false.**

**1.** _____ Babies have less bones than adults.

**2.** _____ Blood cells are made inside your bones.

**3.** From the passage what set of words are synonyms?

"As you get older some of your bones begin to **fuse** together."

**4.** From the sentence above the word fuse mean?

**5.** What Category does the skull, ribs and spine belong to?

**6.** What category can helmets, knee pads, wrist guards, be placed in?

**7.** Name 3 dairy products mentioned in the passage?

**Complete the graphic organizer**

| Bone(s) | Purpose |
|---|---|
| ribs | 8. |
| 9. | helps you to stand up tall and protects the nerves in your spinal column |

LIVEWORKSHEETS

10. If babies have 300 bones when they are born and adults have 206 bones. How many more bones does babies have than adults? Use your math skills to solve.

_____

LIVEWORKSHEETS